

APRIL/MAY 2025

**23USMB23 — NUTRITION AND HEALTH
HYGIENE (SEC II)**

Time : Three hours

Maximum : 75 marks

SECTION A — (10 × 2 = 20 marks)

Answer ALL questions.

1. What are lipids?
2. Quote the source of dietary source of iodine.
3. What kind of food should be avoided during lactation?
4. Mention the energy needed by adolescent males.
5. Give consequences of over-nutrition.
6. Define hypertension.
7. Mention any two health indicators.
8. Brief the term Environmental health.
9. Define Sanitation.
10. What is mean by Community Hygiene?



SECTION B — (5 × 5 = 25 marks)

Answer ALL questions.

11. (a) Elaborate the functions of proteins.

Or

- (b) Write the biological importance of water.

12. (a) Give the nutritional importance of banana and guava.

Or

- (b) Nutritive value of rice and wheat.

13. (a) Give an account on anemia.

Or

- (b) Write notes on nutritional disorders.

14. (a) Highlight the Principles and Strategies Health-Education.

Or

- (b) Give an account on Health Indicators.

15. (a) Explain the term WASH base on health and hygiene.

Or

- (b) What is Village health sanitation? Justify the need of Village health sanitation.

SECTION C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Give an account on micronutrients.

17. Discuss the Nutrition for diet - Normal, Pregnant, lactating women and Infants

18. What is mean by hypertension? Explain the cause, symptoms, complications and control of hypertension.

19. Discuss the role of Health Organizations in human development.

20. Give an account on Personal Hygiene.

